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Veterans Day Message From the Secretary of the Navy
WASHINGTON, DC - Franklin Delano Roosevelt once said, "Those who have long enjoyed such privileges as we enjoy, forget in time that men have died to win them."

His words are a caution to all of us to never forget the lives that were given and the years of service rendered to protect the freedom we hold dear.

This Veterans Day adds new meaning to Roosevelt's wisdom. We are already at war against terrorism, and our armed forces may be called to action anywhere and at any time that freedom and human dignity are threatened. Our history is rich with military men and women who fought for our American way of life. They knew then what we know now. Americans don't fight for land, money or religion. But we will fight to protect the principles of freedom - freedom of religion, freedom of the press, and the freedom from oppression.

Today, all veterans are monuments to those freedoms. As we honor our veterans, let us also honor all who serve today because you will be our veterans of tomorrow. You protect our nation's interests but, more importantly, you protect our hopes and dreams. You make us proud while you make us safe.

On November 11th, share these lessons with your family, friends and neighbors so all will see this day as much more than a holiday. Let's help them appreciate the incredible gift Americans are given when one of our brave men and women takes an oath to protect and defend our country.

To all of you who serve and have served, I thank

you. Never underestimate what you mean to America. For that, a grateful nation also thanks you. I salute you on Veterans Day.

God bless America.

- From the Secretary of the Navy, the Honorable
Gordon R. England

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Navy Medicine Helps Marine Recruits 'Stay Quit' of Tobacco
By Doris Ryan, Bureau of Medicine and Surgery

SAN DIEGO - About 40 percent of new Marine Corps recruits smoke and 20 percent chew, but after three months in boot camp they are all tobacco-free. In keeping with DoD's twenty-year commitment to reduce tobacco use in the military, researchers from the Naval Health Research Center in San Diego are determined to motivate these young Marines to stay tobacco-free.

Four months ago, NHRC started a tobacco cessation study at Marine Corps Recruit Depot San Diego and the School of Infantry at Camp Pendleton. By the end of the two-year study, researchers will reach more than 15,000 recruits with a powerful message about the negative impact of smoking. At the end of the study, they'll find out how many Marines have taken the message to heart.

"The Marine Corps takes the issue of smoking very seriously, banning all tobacco use during boot camp, yet research shows that post-graduation relapse rates are high," said Linda Trent, the study's team leader. "We know prevention and early intervention are really key to reducing smoking rates, and our program is targeted for that time when young Marines are really challenged to improve themselves and to leave bad habits behind."

The current study will test the effectiveness of a self-contained, tobacco cessation intervention program developed by the research team specifically for Marine Corps recruits. The program includes two short videos. The first is shown at the end of basic training and is primarily educational and motivational. Most of the people who appear in the scenarios are Marines and Navy healthcare providers.

The second is shown about a month later at the beginning of infantry training. With actors in the roles of Marine Corps sergeants, it teaches basic tobacco cessation skills and strategies.

Both videos provide information, advice, testimonials, and skill development techniques to motivate and support Marines in choosing a tobacco-free lifestyle.

Trent explained that to evaluate the effectiveness of the program's message, the participants are divided into two groups. One group views the actual program videos, while another group, the control group, views videos that are not related to tobacco cessation.

Volunteers from both groups are asked to complete questionnaires concerning their tobacco use and attitudes. A base-line questionnaire is given to all volunteers prior to viewing the first video. Second and third questionnaires are sent to each volunteer at three months and twelve months after seeing the second video. The groups will be compared to see whether those who saw the tobacco cessation videos have lower tobacco use rates than those who watched the control videos.

To date, 5,000 Marine recruits have volunteered for the study, and the first group of 1,000, who started in August 2002, will soon receive their 3-month follow-up questionnaire in the mail.

"With this program, I feel we are planting the seeds, giving each one of them the tools needed to quit and stay quit," said Trent. "I think the program will have an impact and make a difference."

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Carucci Recipient of AMA's Outstanding Government Service Award

From Bureau of Medicine and Surgery Public Affairs

WASHINGTON, DC - CAPT Daniel Carucci, Medical Corps, director of the Naval Medical Research Center's malaria program, was named this week as the recipient of the American Medical Association's highest award for public officials.

Carucci will be one of 10 honorees to receive the annual Dr. Nathan Davis award for outstanding government service. The award, named for the founder of AMA, recognizes elected and career officials in federal, state and municipal service whose outstanding contribution have promoted medicine and the public health.

During his 20 years of military service, Carucci has tackled significant scientific and medical issues. He was instrumental in initiating the malaria genome sequencing project, a key step toward developing a malaria vaccine. His work has invigorated the field of malaria research and efforts to improve drugs and vaccines against malaria.

Other recipients of the 2003 Nathan Davis award include Health and Human Services Secretary Tommy G. Thompson, Sen. Pete V. Domenici, and Rep. James C. Greenwood. Recipients will be honored at a ceremony in February in Washington, DC.

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Naval Reservists Return to Support Pensacola

By Cmdr. Simeon R. Daniels, Nurse Corps, Naval Hospital Pensacola

PENSACOLA, Fla. - More than 100 Naval Reservists from seven states swapped civvies for uniforms at Naval Hospital Pensacola last month, stepping in while 188

active duty staff were in Camp Pendleton, Calif., for Fleet Hospital Operational Readiness Evaluation (ORE).

This is the second time in the last three months that Reservists were mobilized to Pensacola. In mid August, more than 180 Reservists supported the hospital when the fleet hospital unit went to Camp Pendleton to complete the Fleet Hospital Orientation Training Course (FHOTC) required to prepare for the ORE.

Fleet Hospital Pensacola now moves to tier one readiness and may very well be one of the first East Coast mobile Navy fleet hospitals to be activated in support of military activities anywhere in the world.

Capt. Jeffrey Hill, Nurse Corps, of Atlanta, is commanding officer of Naval Reserve Naval Hospital Pensacola. The command includes more than 500 Reservists, mostly doctors, nurses, and hospital corpsmen, as well as other healthcare professionals, such as pharmacists.

"Events such as this help us to better prepare each participating reservist to be able to report to Naval Hospital Pensacola at a moments notice, fully prepared for seamless integration into the active duty staff of the hospital," said Hill. "Without missing a single beat, we can provide the same high level of care our (military) patients deserve and expect."

"(The reservists) are absolutely outstanding," said Hospital Corpsman First Class Jason Sasser of the radiology department. "It's hard to tell they're not regular full-time active duty staff members of the hospital."

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Yokosuka Hospital's Disaster Drill Tests Response Skills
By Bill Doughty, U.S. Naval Hospital Yokosuka

YOKOSUKA, Japan - It's a scenario that chills the blood - a call to U.S. Naval Hospital Yokosuka's emergency room reports people pouring out of a building - coughing, stumbling, eyes watering. There's a funny smell, like almonds, in the air.

So began Yokosuka's recent mass casualty drill, testing emergency response to an attack with cyanide gas, a chemical weapon of mass destruction. The drill was designed with built-in surprises.

First on the scene were hospital emergency medical technicians, whose first job was to remain in their ambulances until the area and casualties could be decontaminated by firefighters from the consolidated fire department of Naval Forces Japan.

"At our last drill," said Hospital Corpsman Third Class Gregory Timme of U.S. Naval Hospital Yokosuka, "the EMTs, the first responders, ended up 'dying' because the patients ran up to them and contaminated them. This time, the EMTs evaluated the scene from their vehicle, which was posted about a hundred feet

away from the disaster site. That's the way they're supposed to do it."

Hospital leaders quickly notified the Special Medical Operations Response Team, or SMORT, and activated the disaster plan, said Timme, an EMT who served as a controller/evaluator. Periodically, he and other controllers added new scenarios or twists during the drill.

"With a couple of patients, at first their vitals were within normal limits, then we had them start seizing to see what the EMTs and SMORT members would do," said Timme. "They treated the patients appropriately."

Another twist was adding a manikin "baby" to the scene, and having it stop breathing.

"They started CPR, did everything they needed to do, and got the baby to the ER as fast as they could," said Timme.

Lt. Kyle Lim, Medical Service Corps, head of industrial hygiene at the hospital, was a SMORT member. His team had to make a sudden change when controllers announced that their usual fire hydrant, used for decontamination, was out of commission.

"That was totally unexpected," said Lim. "We're used to having a water source. We had to drag everything out here and find a new fire hydrant."

Several members of the SMORT were then "tapped out" - told they were exposed to cyanide and were now, themselves, casualties.

"As short-manned as we were already that sort of hurt us," said Lim. "But, we were able to stand our ground and 'decon' (decontaminate) all the patients that came through."

Other surprises included a woman giving birth in the triage area, a secondary explosion on the scene, an actual power outage in the hospital, and a series of realistic drills involving combative psychiatric casualties. This recent disaster drill tested many of the limits of Yokosuka's healthcare system.

"It was an outstanding drill," said Lim. "It keeps us on our toes - definitely."

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Okinawa Kicks Off "Extra Mile" Customer Service Program
From U.S. Naval Hospital Okinawa Public Affairs

OKINAWA, Japan - Two months ago, U.S. Naval Hospital Okinawa launched, "We Go the Extra Mile," a new customer service campaign that reemphasizes its commitment to providing exceptional service to beneficiaries.

The program, with its emphasis on five-star customer service, focuses on increasing staff morale and reducing customer complaints. One of its main elements is rewarding staff for providing a superior level of

service.

More than 600 staff members have been trained and several new initiatives have been kicked off, including menu choices and services not previously offered.

"Magic Moment" forms, placed throughout the hospital, are available for patients and staff to recognize internal and external customer service provided by hospital staff. The forms are displayed on a "Wall of Magic" at the quarterdeck entrance.

Another recognition form initiated is the "Caught in the Act" coupon, issued to reward a staff member who demonstrates customer service excellence. Staff members can redeem these coupons for awards.

Selected staff members may also attend a two-day, special customer service training retreat at one of the island resorts on Okinawa.

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First Person: Personnelman First Class Vernon

Thompson, U.S. Naval Reserve

His civilian job is high school physics teacher, but as a Naval Reservist in a post-Sept. 11 world, he now serves as naval security shift supervisor at Naval Hospital Charleston, S.C. These are his words about being a teacher and Reservist supporting Navy Medicine.

I'd just told my principal the chances of me being recalled were probably slim because I had been out of the Navy for quite awhile and only in the Reserve for a couple months. I got the call when I got home that evening. They wanted me to report the next morning. I didn't have much time for preparation. All I did was turn over my grade books to the principal, and he took it from there. Can you imagine going from teaching to security shift supervisor, working the overnight shift?

I'm a pretty quiet person and consider myself a science geek. I enjoy the interaction with the students. You hear a lot these days about discipline problems in the public schools, but don't forget there are some students who do want to learn and achieve. I'm a teacher who wants to make that happen, making sure they do learn, achieve and reach higher goals.

The most satisfying and rewarding moment for me is what I call the "aha" moment, when the information I have presented to the kids really starts to click. It's a great feeling when they reveal they truly understand a certain concept.

I was motivated to teach because I always had an interest in science. I was always in the science club at school and enjoyed the experiments and the conclusions drawn from them. I like clarifying and presenting material. I enjoy sharing the things that make physics exciting. I've always considered myself a kinetic-type person. I never liked to sit in the classroom too much. The experimental lab work and

hands-on interaction is the type of thing I enjoyed.

I feel Reservists play a vital role in the Navy. I get a lot of satisfaction knowing that I'm helping out in an area where there is a shortage and need. I enjoy interacting with the folks I supervise. A lot of them are not too long out of high school, so my role as teacher interacting with my students comes into perspective here a lot.

I'm very close to my family, but if I was recalled again, I would certainly go without complaint. Being a family person, I miss being home with them, especially holidays, because in security work, there are no holidays.

- Interviewed by Aveline V. Allen, Bureau of Medicine and Surgery

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Environmental Awards Nominations Solicited
From Chief of Naval Operations Environmental Readiness
Division Public Affairs

ARLINGTON, Va. - Chief of Naval Operations Environmental Readiness Division (N45) Director Rear Adm. (Sel) Robert D. Reilly Jr. has called for nominations for the FY 02 Chief of Naval Operations (CNO) Environmental Awards.

Traditionally, Navy Medicine facilities have a solid track record in winning awards recognizing their sound environmental practices.

The awards will recognize individuals, teams, ships and installations for exceptional environmental stewardship. Award winners will advance to the Secretary of the Navy Environmental Awards competition.

Echelon 2 commands and major claimants may submit up to five nominations in each of the following categories: Natural Resources Conservation (large installation); Cultural Resources Management (installation, individual/team); Environmental Quality (industrial installation, overseas installation, small ship); Pollution Prevention (non-industrial installation, individual/team); Environmental Restoration (installation); and Environmental Planning (team).

The awards program has recently been revised so that CNO award categories are more closely aligned with those of the Secretary of the Navy and Secretary of Defense Environmental Awards programs, which run on a two-year cycle.

Nominations are due at OPNAV N45 no later than Jan. 6, 2003. The call for nominations can be found on the OPNAV N45 website at web.dandp.com/FY02_CNO_Call_for_Noms.pdf.

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Right to Privacy a HIPAA, TRICARE Priority

WASHINGTON, DC - As a beneficiary of the Department of Defense Military Health System (MHS) and TRICARE, one of the basic rights that you have, aside from the right to receive quality health care, is the right to keep private your health care information.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 established health care standards or "privacy rules" that all U. S. military and civilian health care providers, hospitals and organizations are required to follow to protect the privacy of health care information from unauthorized disclosure or use. TRICARE will implement the new privacy rules on April 14, 2003.

Under HIPAA privacy rules, the MHS is required to inform you about how your personal health care information is used, provide guidance on your privacy rights, and limit use and disclosure of your personal health care information to the minimum required. To increase beneficiary awareness regarding these new privacy rules, beginning in November 2002, a copy of the MHS Notice of Privacy Practices will be sent to each TRICARE sponsor listed as eligible in the Defense Enrollment Eligibility Reporting System. Beneficiaries will be asked to acknowledge receipt of this privacy notice during their first scheduled appointment after April 14, 2003 at their local military treatment facility (MTF).

"The MHS has always had privacy and patient confidentiality standards in place to limit unauthorized access or disclosure of personal health care information," said Cmdr. Sam Jenkins, Medical Service Corps, HIPAA privacy project officer, TRICARE Management Activity. "These new privacy rules provide TRICARE beneficiaries with additional safeguards for ensuring their health care information is adequately protected and appropriately used by the MHS and TRICARE to provide quality patient care."

Permissible uses of health care information include treatment, payment for services provided and operations such as patient billing or appointment scheduling.

Under the privacy rules, you have the right to:

- receive a notice of MHS privacy practices from the MTF;
- access, review and receive a copy of your personal medical record or health care information on file at the MTF;
- request a change or correct an error in your medical record; know how, when and to whom your medical information is disclosed;
- file a grievance with the MTF regarding a privacy concern;
- and finally, provide written instructions on your personal preferences regarding use and disclosure of your personal health information.

Your personal health care information may be disclosed to other health care providers such as specialists, pharmacists or laboratory technicians who, at the request of your primary care manager, may need access to your private health care information to provide you with optimal care.

MTFs may not share your personal health care information with outside sources for marketing, health care research or any other reason without your knowledge and written consent.

Privacy officers are located at every MTF and serve as beneficiary advocates for privacy issues and will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding personal health care information or the new privacy rules. Privacy officers will ensure that private health care information remains accessible to beneficiaries and their providers and protected from unauthorized access.

A copy of the MHS Notice of Privacy Practices is on the TRICARE website at www.tricare.osd.mil/hipaa. Additional information on TRICARE and the HIPAA privacy rules is also available at this site.

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Healthwatch: Breakfast: It's Essential for Adults and Children

By Brian Badura, Bureau of Medicine and Surgery

PORTSMOUTH, Va. - The old adage, breakfast is the most important meal of the day, isn't some old wives' tale. Research over the years has shown the benefits of breakfast touch everyone, young and old.

"Studies have shown how eating breakfast benefits memory and overall health," said Lori Tubbs, a registered dietician and the nutrition program manager at the Navy Environmental Health Center (NEHC) in Portsmouth.

Tubbs said skipping breakfast robs your body of the fuel it needs to perform essential functions. It helps boost your body's energy level throughout the day, improving brain function, regulating your eating patterns, and stimulating metabolism.

Think about it another way. Let's say you eat dinner at 7 p.m., skip breakfast the next day, and eat your next meal at noon. That's fifteen hours of depriving your body of important energy it needs to operate.

"Breakfast helps get your body's metabolism going and helps meet the recommended dietary intake of carbohydrates, fiber and protein," said Tubbs.

Your car needs fuel to run properly and so does your body. When you skip meals, your body must work extra hard to break down stored energy in order to keep going, which leads to deprivation of function in other areas, such as the ability to concentrate.

Some people believe skipping breakfast will help them lose weight. But according to studies, skipping breakfast often leads to overeating later in the day, which can actually result in a greater intake of calories.

Children also benefit greatly from eating breakfast. A 1998 study by Harvard Medical School and Massachusetts General Hospital found that school age children who ate breakfast had improved math grades, reduced hyperactivity and decreased absence when compared to children who did not eat breakfast.

If mornings are too busy for a hot cooked breakfast, Tubbs recommends grabbing a piece of fruit or a container of yogurt to eat on the run.

"There are many products on the market today in convenient packaging designed to fit our busy lifestyles," she added.

Try eating breakfast for a week. Chances are you'll experience an improvement in the way you feel throughout the day.

To learn more about proper nutrition, visit the NEHC Web site at www-nehc.med.navy.mil.

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Got news? Navy & Marine Corps Medical News seeks stories and photos about Navy Medicine people, places, ideas, innovations, events. Call the MEDNEWS editor at 202 762-3223 or e-mail JaKDavis@us.med.navy.mil.

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